



OFFICE OF PUBLIC INSTRUCTION

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Linda McCulloch
Superintendent

THINK FOOD

School Nutrition Programs

October, 2006

Additional Commodities

In August the 12 percent provision provided the OPI with approximately \$200,000 additional commodity dollars. The additional money was used to purchase truckloads of Corn, Cnd, LSF Soybean Oil, Peanut Butter, Rotini, Spaghetti, Spaghetti Sauce, and Tomato Sauce.

We are planning an additional shipment on March 5, 2007. The order form for these commodities will be available at: www.opi.mt.gov/schoolfood/foodDistNEW.html in November. Be sure to check your available Planned Assistance Level (PAL) before ordering. It can also be found on the Food Distribution Web site.



FALL ABC MEETINGS

The ABC Committee will be meeting in Great Falls on November 1, Missoula on November 2 and in Miles



City on November 8. If you have concerns or topics you would like on the Agenda, contact any committee member. Agenda items need to be received at

the Office of Public Instruction, School Nutrition Programs by October 27. Fax agenda items to (406) 444-2955 or email Chris at cemerson@mt.gov.



ORDERING ERROR

When the commodity frozen egg order was placed the eggs were inadvertently ordered in the 30# carton instead of the 6/5# pails. The code numbers for both are A569 and A568 respectively. We regret the error and apologize for any inconvenience this may cause.

COMING SOON

The USDA will soon be offering a quick cooking long-grain brown rice (which has been partially cooked, then dehydrated) that cooks in about 15 minutes (versus 45 minutes for regular brown rice). This quick cooking brown rice will help you to offer more whole grains on your menus and help students meet the whole grain recommendation from the 2005 *Dietary Guidelines*. Watch for this new product when placing commodity orders for next year.

School Wellness

Workshops/In-Services

Regional, district or school level workshops can be conducted by state agency staff or contracted trainers. These workshops can serve to educate school staff on the health issues that led to the School Wellness Policy legislative mandate and to provide insight regarding the role of school staff in the implementation of the school wellness policy. Workshops can be adapted to fit your district's needs but early scheduling is recommended, especially for back to school workshops. Contact the Montana Team Nutrition Program at (406) 994-5641 or kbark@mt.gov

GOODBYE AND GOOD LUCK

It's with regret that we say goodbye to Holly Humphrey and Lori Rittel. We appreciate all that



they have done for School Nutrition Programs and we wish them well in all their future endeavors.

POSSIBLE COMMODITY CANCELATIONS

We have received notification that the companies that supply the Low-fat Baking Mix and the Potato Wedges have gone out of business. The USDA is in the process of putting those items out for bid in the hopes of finding other vendors to supply them.

HEALTHY HALLOWEEN A CONTRADICTION IN TERMS?

When gathering the treats you will offer this year think about some possible low- calorie, low-fat options.

Here are some ideas to get you started thinking: cheese and cracker packages, sugar-free gum, cheese sticks, juice box packages, small packages of nuts or raisins, packages of instant cocoa mix, or peanuts in the shell.

You could also consider giving some non-food treats such as stickers, balloons, crayons, pencils, colored chalk, erasers, whistles, baseball cards, rubber spiders or worms, nickels or dimes.



Quick Pumpkin Cupcakes

1 box regular yellow or vanilla cake mix,
2-layer-size
2 eggs
1 Tablespoon oil
2/3 cup canned pumpkin
1-1/2 teaspoons pumpkin pie spice
1 cup water or apple juice

Decorations:

Canned low-fat vanilla frosting
Candy corn
Black or orange jelly beans
Black licorice

Preheat oven to 350° F. Spray each muffin cup with nonstick cooking spray or use paper cupcake liners. Blend the cake mix with the eggs, oil, pumpkin, pumpkin pie spice, and the water or juice with mixer at low speed until moistened. Beat at medium speed for 2 minutes. Spoon into the prepared muffin pan. Bake 18 minutes or until done. Cool in pan completely before frosting. Kids will love to decorate these cupcakes. Makes about 18 cupcakes.

Halloween Cereal Balls

1/4 cup margarine or butter
1 package (10 oz.) marshmallows
2 Tablespoons orange-flavored gelatin
6 cups crisp rice cereal
1/2 cup candy corn

Combine margarine and marshmallows in 2-quart glass bowl. Microwave (high), uncovered, 2 1/2 to 3 minutes or until marshmallows are puffed. Add orange gelatin; mix until combined. Stir in cereal until well coated. Mix in candy corn. Cool enough to handle.

With buttered hands, form mixture into 24 balls. Place on waxed paper until cool. Wrap tightly in plastic wrap for storage.

Tips: Pieces of cut black licorice can be substituted for candy corn.

Mixture can be pressed into greased 13x9-inch baking pan and cut into squares for serving.

Per Serving: 85 calories, 1 g. protein, 2 g. fat, 119 mg. sodium, 0 mg. cholesterol.